



Statistics Report 20002, Amaranth grain, cooked

Report Date: June 27, 2017 02:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	75.16	--	--	74.36	76.04	--	--	--	1	Analytical or derived from analytical	--	04/2007
Energy	kcal	102	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2008
Energy	kJ	429	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2008
Protein ¹	g	3.80	--	--	3.57	4.15	--	--	--	1	Analytical or derived from analytical	--	04/2007
Total lipid (fat) ¹	g	1.58	--	--	1.43	1.68	--	--	--	1	Analytical or derived from analytical	--	04/2007
Ash ¹	g	0.77	--	--	0.65	0.91	--	--	--	1	Analytical or derived from analytical	--	04/2007
Carbohydrate, by difference	g	18.69	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Fiber, total dietary ¹	g	2.1	--	--	1.9	2.4	--	--	--	1	Analytical or derived from analytical	--	04/2007
Starch ¹	g	16.23	--	--	15.5	16.8	--	--	--	1	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca ¹	mg	47	--	--	35	64	--	--	--	1	Analytical or derived from analytical	--	04/2007
Iron, Fe ¹	mg	2.10	--	--	1.72	2.47	--	--	--	1	Analytical or derived from analytical	--	04/2007
Magnesium, Mg ¹	mg	65	--	--	55	84	--	--	--	1	Analytical or derived from analytical	--	04/2007
Phosphorus, P ¹	mg	148	--	--	127	180	--	--	--	1	Analytical or derived from analytical	--	04/2007
Potassium, K ¹	mg	135	--	--	122	143	--	--	--	1	Analytical or derived from analytical	--	04/2007
Sodium, Na ¹	mg	6	--	--	4	9	--	--	--	1	Analytical or derived from analytical	--	04/2007
Zinc, Zn ¹	mg	0.86	--	--	0.81	0.89	--	--	--	1	Analytical or derived from analytical	--	04/2007
Copper, Cu ¹	mg	0.149	--	--	0.12	0.19	--	--	--	1	Analytical or derived from analytical	--	04/2007
Manganese, Mn ¹	mg	0.854	--	--	0.69	0.98	--	--	--	1	Analytical or derived from analytical	--	04/2007
Selenium, Se ¹	µg	5.5	--	--	2.2	12.1	--	--	--	1	Analytical or derived from analytical	--	04/2007

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin ¹	mg	0.015	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2007
Riboflavin ¹	mg	0.022	--	--	0.01	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2007
Niacin ¹	mg	0.235	--	--	0.23	0.24	--	--	--	1	Analytical or derived from analytical	--	04/2007
Vitamin B-6 ¹	mg	0.113	--	--	0.1	0.13	--	--	--	1	Analytical or derived from analytical	--	04/2007
Folate, total ¹	μg	22	--	--	18	30	--	--	--	1	Analytical or derived from analytical	--	04/2007
Folate, food ¹	μg	22	--	--	18	30	--	--	--	1	Analytical or derived from analytical	--	04/2007
Vitamin E (alpha-tocopherol) ¹	mg	0.19	--	--	0.11	0.34	--	--	--	1	Analytical or derived from analytical	--	04/2007
Tocopherol, beta ¹	mg	0.38	--	--	0.35	0.41	--	--	--	1	Analytical or derived from analytical	--	04/2007
Tocopherol, gamma ¹	mg	0.05	--	--	0.01	0.11	--	--	--	1	Analytical or derived from analytical	--	04/2007
Tocopherol, delta ¹	mg	0.24	--	--	0.21	0.27	--	--	--	1	Analytical or derived from analytical	--	04/2007

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Amino Acids

Other

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9o, 2005 Beltsville MD*